

Cowboy Quinoa

Makes: 24 or 48 Servings

24 Servings

48 Servings

Ingredients	Weight	Measure	Weight	Measure
Quinoa		3 cups		6 cups
Water		6 cups		12 cups
Cider vinegar		1/4 cup		1/2 cup
Olive oil		1/2 cup		1 cup
Black beans, canned, rinsed		8-15 oz cans		16-15 oz cans
Corn, frozen		4 cups		8 cups
Cherry tomatoes, halved		2 cups		4 cups
Onions, sliced		1 cup		2 cups

Directions

1. Combine water and quinoa in a small pan and bring to a boil. Cover and let simmer, about 12 to 15 minutes until quinoa is tender.
2. Whisk together oil and vinegar. Pour over quinoa.
3. Add beans, corn, tomatoes, and onion.
4. Stir.

Notes

Serving Tips:

Quinoa is a small round grain, similar to couscous. It has a nutty flavor when cooked and can be used as a main dish or a side.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	241	
Total Fat	2 g	
Protein	12 g	
Carbohydrates	46 g	
Dietary Fiber	12 g	
Saturated Fat	NA	
Sodium	552 mg	